IFPE ACADEMY

INTERNATIONAL FITNESS PRO EDUCATION

IFPE

COURSE INFORMATION 2025

IFPE GERMANY | IFPE AUSTRIA | IFPE TURKEY | IFPE IRAN | IFPE CANADA | IFPE UAE | IFPE ENGLAND | IFPE AUSTRALIA | IFPE SWEDEN | IFPE USA

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

A WARM WELCOME TO ALL AUDIENCES



As Founder and Head of Education at IFPE Academy, I warmly welcome you to our global network of fitness professionals.

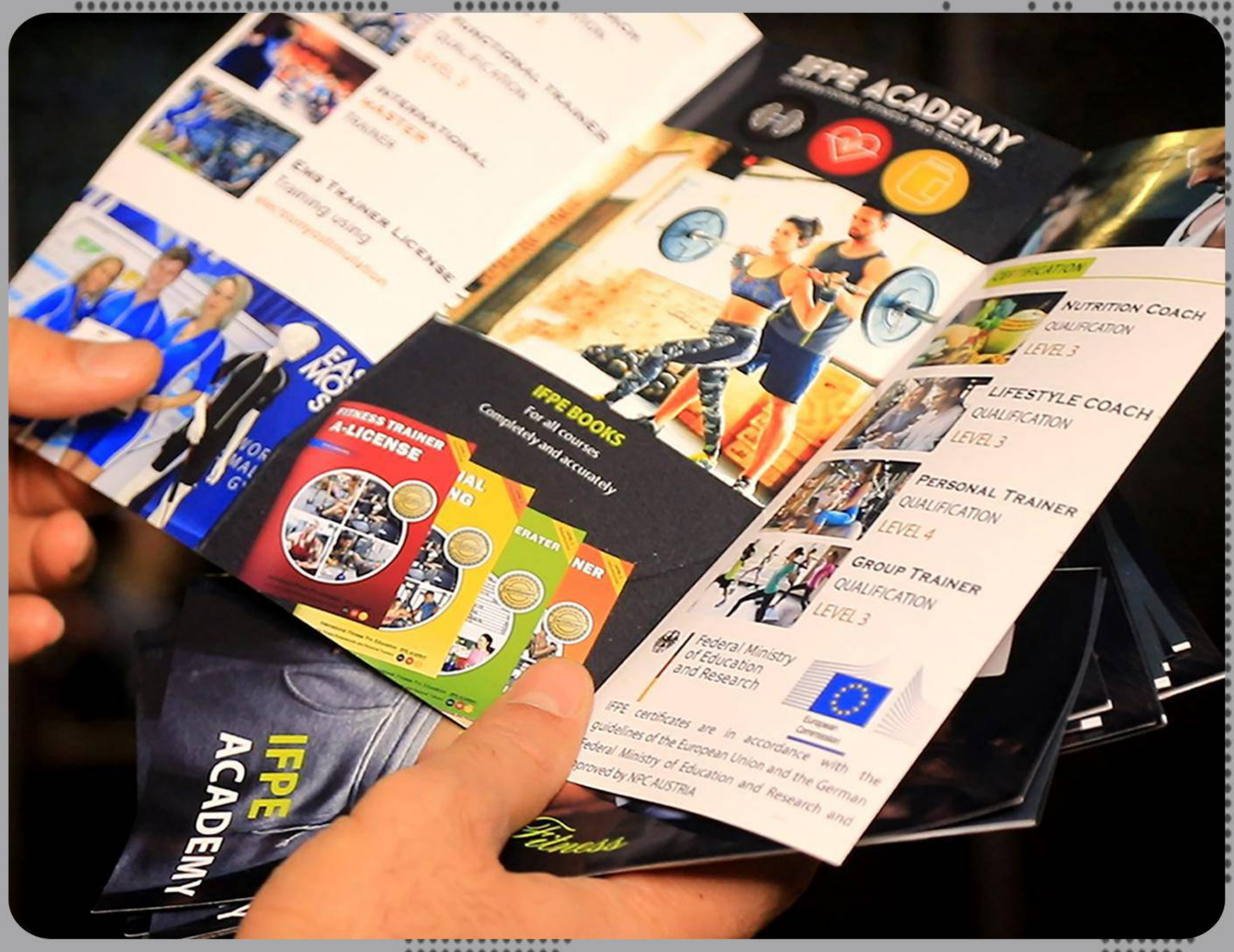
At IFPE, we provide internationally approved certifications through ISSA (USA), Active IQ (UK), REPs (UAE), and ÖABFF (Austria). Our programs – from Personal Trainer and Strength & Conditioning Specialist to Bodybuilding Specialist and Pilates Instructor – prepare you for both local and global recognition.

Beyond education, IFPE connects graduates to international opportunities through our Job Offer Department and partnerships with federations, universities, and organizations worldwide.

Together with our expert academic team, we are proud to position IFPE as an International Sport Academy that unites education, certification, and career pathways.

Dr. Mahdad Akbari
Founder & Head of Education – IFPE Academy

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION







COMPARISON OF FITNESS COACHING CERTIFICATIONS

UAE NATIONAL COURSES

Recognized in these Countries:

UK , European Union , UAE , and Arab Countries

- **Fitness instructor**
  Reps UAE (level 2)
- **Personal Trainer**
  Reps UAE (level 3)
- **Diploma**
  Reps UAE (level 2&3)
- **EMS Trainer**
- **Foam Rolling**

INTERNATIONAL COACHING COURSES

Recognized in these Countries:

United Kingdom
European Union

- **Fitness instructor**
  Reps UAE (level 2)
- **Personal Trainer**
  Reps UAE (level 3)
- **Diploma**
  Reps UAE (level 2&3)

ISSA COURSES

Recognized in these Countries:

USA
Canada

- Personal Trainer
- Bodybuilding Specialist Coach
- Corrective Exercise Specialist
- Kickboxing Instructor
- Indoor Cycling Instructor
- Strength & Conditioning Coach
- Sports Nutrition Coach
- Yoga Teacher
- Pilates Instructor
- Glute Specialist
- Group Exercise Instructor
- Powerlifting Instructor

GERMAN NATIONAL COURSES

Recognized in these Countries:

Germany , Austria , Switzerland

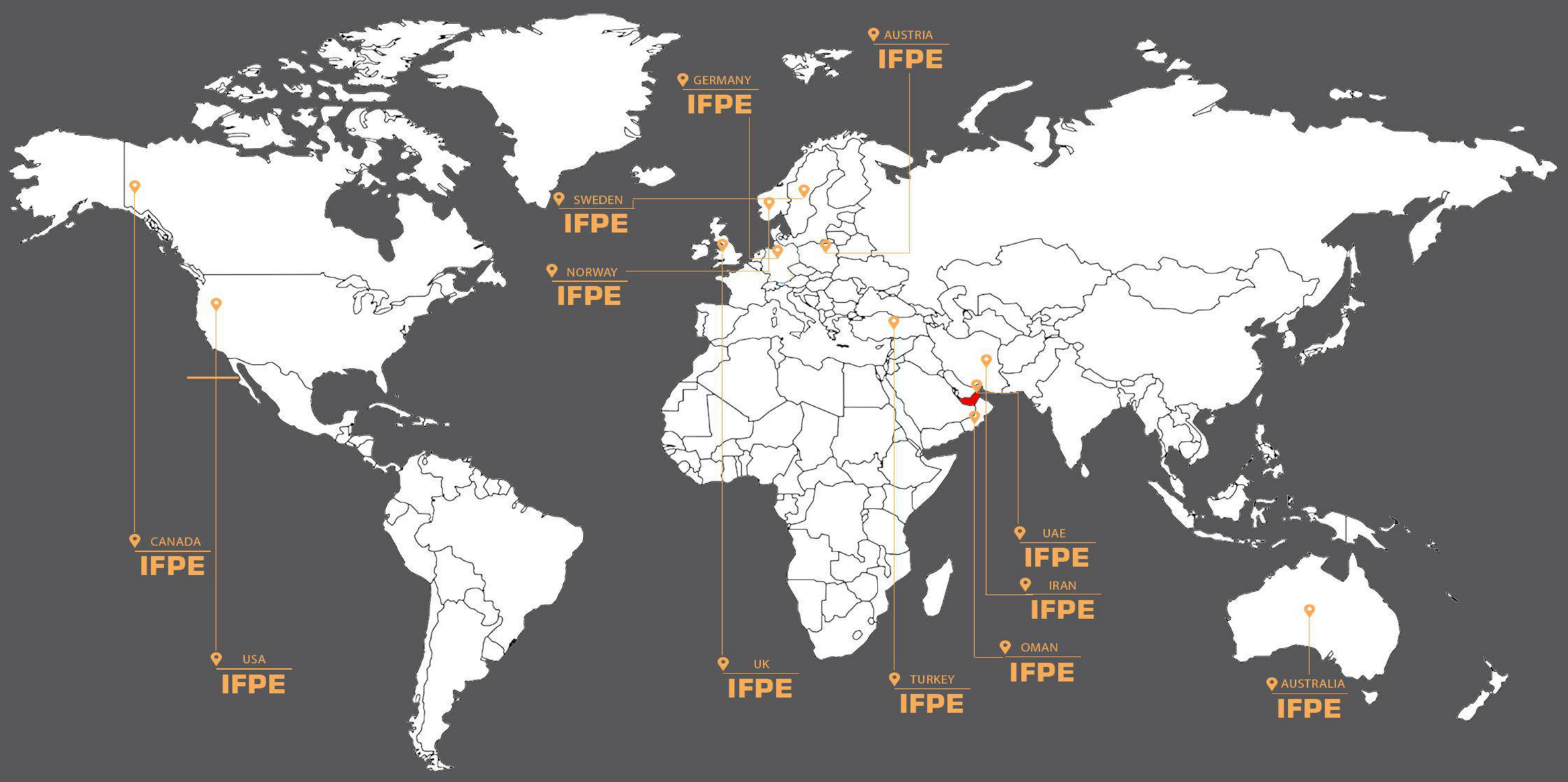
(AUSBILDUNG)

- Fitnesstrainer C-Lizenz
- Fitnesstrainer B-Lizenz
- Fitnesstrainer A-Lizenz
- Personal Trainer Lizenz
- Ernährungsberater Lizenz
- Athletik Trainer Lizenz
- Yoga Lehrer Lizenz
- Aerial Yoga Lehrer Lizenz
- Pilates-Matwork Lizenz
- Pilates-Reformer Lizenz
- Sportmanager Diploma
- Group Fitness Trainer lizenz
- Meditations-lehrer
- Trampolin Fitness Trainer

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

INTERNATIONAL SPORT ACADEMY

Global Education • Certification • Career Pathways





IFPE ACCREDITATION

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

ISSA – INTERNATIONAL SPORTS SCIENCES ASSOCIATION (USA) – APPROVED PROVIDER

International Sports Sciences Association – one of the most reputable sports science organizations worldwide, offering internationally recognized coaching and fitness programs.

Courses approved by ISSA, directly valid for employment and job offers in the region.Common work model: Freelance / Independent Contractor, with the possibility of official employment in large fitness chains.

REPS UAE – REGISTER OF EXERCISE PROFESSIONALS (UNITED ARAB EMIRATES)

Register of Exercise Professionals – the official authority for registering and accrediting fitness trainers in the UAE, recognized by major fitness clubs across the GCC region.

Courses approved by REPs UAE and other regional authorities, valid for professional licensing in the GCC region.
Common work model: Official employment or freelance contracts.

ACTIVE IQ – UNITED KINGDOM – APPROVED PROVIDER

Awarding Organization for Sport and Fitness Education – the leading UK awarding body in active leisure and wellbeing, with strong national and international accreditation.

Courses approved by Active IQ, meeting strict UK and European standards.
Common work model: Primarily self-employed or freelance, with opportunities for official employment in certain sectors.

NPC AUSTRIA – ÖSTERREICHISCHE AMATEUR BODYBUILDING UND FITNESS FEDERATION – OFFICIAL INTERNATIONAL APPROVAL

Österreichische Amateur Bodybuilding and Fitness Federation – the official Austrian federation for bodybuilding and fitness, organizing prestigious national and international competitions.

Official programs aligned with the educational systems of these countries (e.g., B-Lizenz and A-Lizenz).
Common work model: Official employment (festangestellt) or freelance (Freiberufler).

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

IFPE MASTERS

INTERNATIONAL FITNESS PRO EDUCATION (IFPE Academy)



Dr. Mahdad Akbari
Doctorate of Business Administration in Sports Management
IFPE Academy Head of Education
International Master Trainer from Germany



Oksana Grishina
4 X Ms.Fitness Olympia
10 X Arnold Classic Champion
IFBB PRO League Athlete
International Master Trainer



Dr. Marziyeh Arman
Phd in Motor Development - Motor Behaviour



Saskia Van Gelder
International Master Trainer
International Personal Trainer
NPC Master Figure Competitor



Dr.Mohammadhossein Bagheri
Ph.D of exercise physiology
Ph.D of exercise physiology



Dr. Hadis Hemmati
Ph.D of exercise physiology



Dr.Hamidreza hoshyar
Ph.D of Sport Management & Sport Sciences
Fitness & Bodybuilding Judge



Dr.Omid salehian
Ph.D in Sports Physiology
International Lecturer



Dr.Reza Dabiri
Ph.D of Strategic Management Professional
Business Consultant
Motivational Speaker



Dr. Nader Zeytooni Monfared
Ph.D in Sport injuries and corrective exercises



Dr.Afsaneh Farahani
International Yoga Instructor
International Laughter Yoga Coach
Vinnitsa Yoga International Coach from the USA



Dr.Hoda Tabe
Ph.D in Sports Physiology

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

IFPE PROFESSORS

INTERNATIONAL FITNESS PRO EDUCATION (IFPE Academy)



Dr. Ehsan Yousefalizade
Ph.D in Sports Physiology
International Lecturer



Dr. Madjid Seifi Azar
Ph.D in sports injuries and
International Lecturer



Dr.Ali Khezri
Ph.D in Sports Physiology
International Lecturer



Dr. Majid khodadadi
Ph.D in Sport injuries and
corrective exercises
International Lecturer



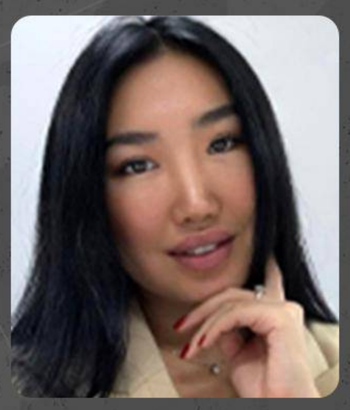
Dr. Ehsan Raoufi
Ph.D in Medical Biotechnology
Professional Volleyball Coach



Dr.Bahareh Nekoonam
Ph.D in Sports Sciences
International Lecturer



Dr. Ahmad Reza Movahedi
Ph.D. in Neuroscience of
Performance, Development, and
Psychomotor Learning



Nadya Koshan
Motivational Coach



Dr. Reyhaneh Moradi
Ph.D in Sports Physiology
International Lecturer



Dr. Hooman Minounejad
Ph.D in Sport injuries and
corrective exercises
International Lecturer



Dr. Safoura Tahmasbi
PhD in Biomedical Engineering
(Biomechanics)
International Lecturer

IFPE MASTER TRAINERS

INTERNATIONAL FITNESS PRO EDUCATION (IFPE Academy)



Tony Adam

Master Trainer

Personal Trainer

Group Fitness Instructor



Milad Vali

Master Trainer IFPE AUSTRALIA



Ela Goodman

Master Trainer

Group Fitness Instructor

Pilates Trainer

Les Mills Instructor



Kiana Gaji

IFPE Master Trainer



Fatima Tarshizi

IFPE Master Trainer



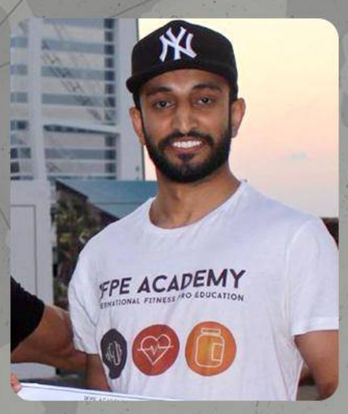
Ahmad

Master Trainer IFPE UAE



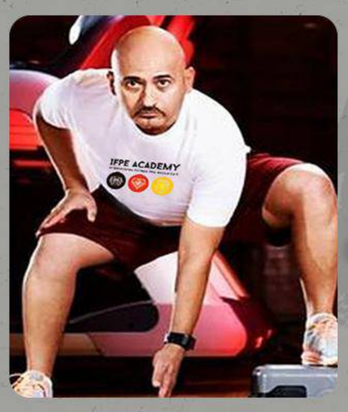
Mohammad Hossein Ghafari

IFPE Master Trainer



Khaled

Master Trainer IFPE UAE



Amir Esalat

Master Trainer IFPE IRAN



Sultan

Master Trainer IFPE UAE



Gulvin

Master Trainer IFPE IRAQ



Naser

Master Trainer IFPE UAE

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

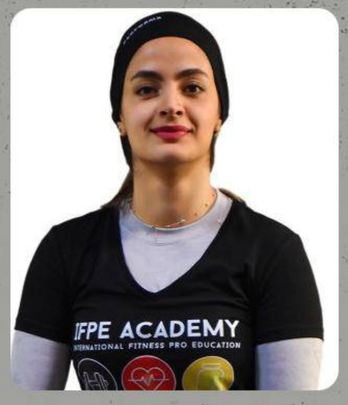
IFPE MASTER TRAINERS

INTERNATIONAL FITNESS PRO EDUCATION (IFPE Academy)



Nikou Ahmadi

Master Trainer IFPE IRAN



Naghmeh Torkashvand

Master Trainer IFPE IRAN



Leila Habibi

Master Trainer IFPE CANADA



Vahid Rashno

Master Trainer IFPE IRAN



Mohammad Ali Faridi Dastjerdi

Master Trainer IFPE IRAN



Mohammad Reza Almasi

Master Trainer IFPE IRAN



Saber Akhavan

Master Trainer IFPE SWEDEN



Ahad Vaziri

Master Trainer IFPE IRAN



Ahmad Yavari Pira

Master Trainer IFPE IRAN



Shokoufeh Valipour

Master Trainer IFPE IRAN



Hossein Sayyah

Master Trainer IFPE GERMANY



Sohail Dehghani

Master Trainer IFPE IRAN

IFPE MODELS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

International Fitness Models from Germany, Austria, France with Fitness championship titles



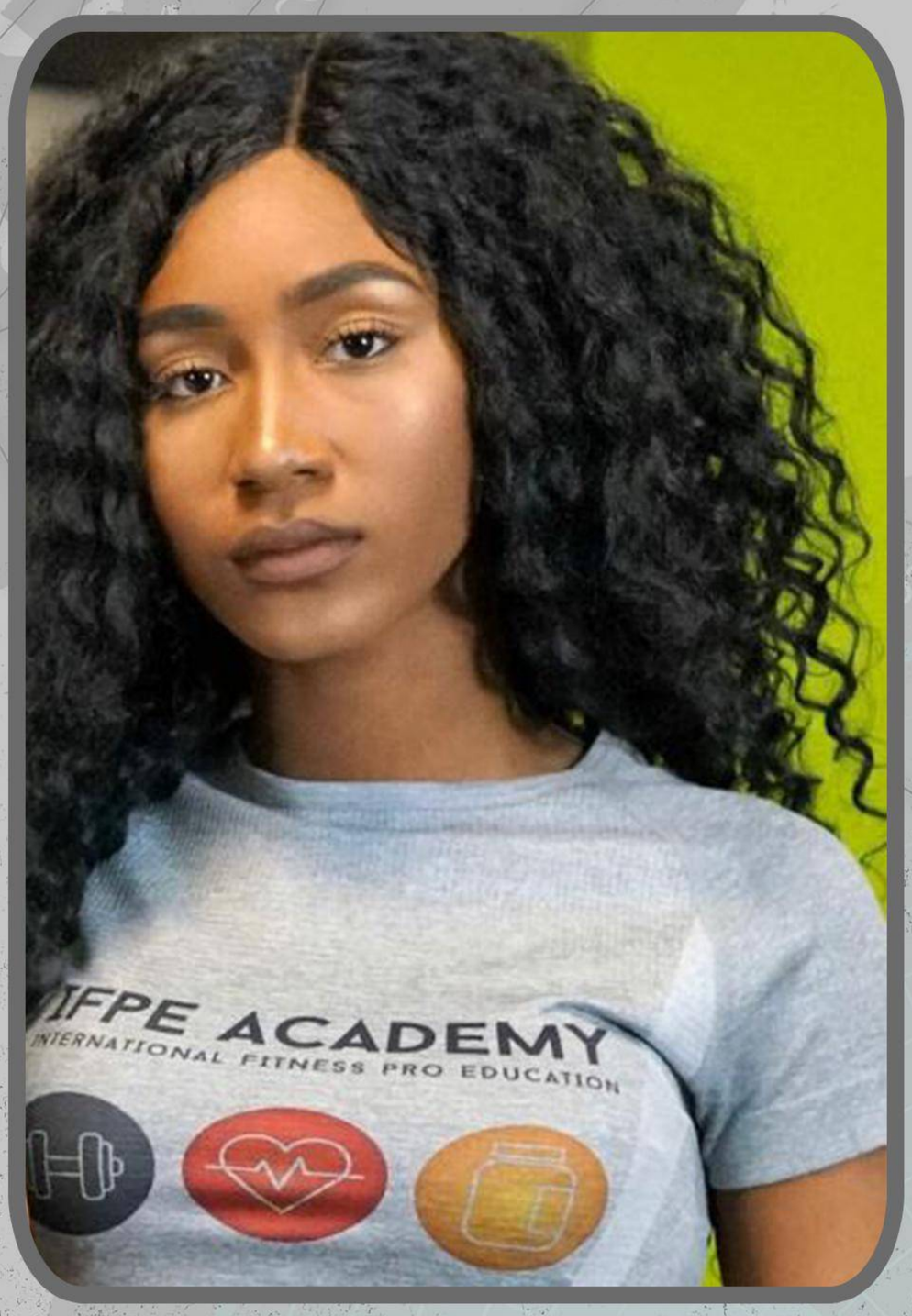
SINAH



MAGDALENA



LISA



BELLA

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

IFPE PARTNER

IFPE COLLABORATES WITH MANY INTERNATIONAL BRANDS

ÖSTERREICHISCHE AMATEUR
ÖABFF
BODYBUILDING UND FITNESS FÖDERATION

VOMA®
Voice of Martial Arts

EASY MOTION SKIN

ACADEMIC hospital

EMS CLUB MAXFIT

TOP GENESIS
3D SCAN SOLUTIONS

WORLD IFAO CONFEDERATION
IFAO

OSUN
HEALTH GYM

IFPE ACADEMY HAS BEEN FOUNDED BASED ON THE FUTURE OF HEALTH AND FITNESS AND PERSONAL TRAINING.

ISSA COURSES

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

ISSA certifications are internationally recognized and accepted in the United States, Canada, the European Union, Australia, and many other countries, making them a valuable credential for fitness professionals seeking to expand their careers globally.

- Personal Trainer
- Bodybuilding Specialist Coach
- Corrective Exercise Specialist
- Kickboxing Instructor
- Indoor Cycling Instructor
- Strength & Conditioning Coach
- Sports Nutrition Coach
- Yoga Teacher
- Pilates Instructor
- Glute Specialist
- Group Exercise Instructor
- Powerlifting Instructor



ISSA







ALL COURSES ARE OFFICIALLY APPROVED AND ACCREDITED BY ISSA

UAE NATIONAL COURSES

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

NATIONAL COURSE CREDITS IN THE UAE:

This international course is approved by REPS UAE (Register of Exercise Professionals UAE) and provides opportunities to receive job offers from gyms and fitness clubs in the UAE (Dubai, Abu Dhabi…) as a REPS UAE Level 2 Fitness Instructor or REPS UAE Level 3 Personal Trainer at the highest level.



- ✓ Fitness instructor
- ✓ Personal Trainer
- ✓ Diploma
- ✓ EMS Trainer
- ✓ Foam Rolling



REPs UAE
The Register of Exercise Professionals



INTERNATIONALLY APPROVED FITNESS COURSES ENGLAND & UAE

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

INTERNATIONAL COACHING COURSES

INTERNATIONAL CREDITS OF THE COURSE:

All courses are internationally approved by the most prestigious fitness organizations in England, including Active IQ (Recognized under the UK education framework) and REPS UAE (Register of Exercise Professionals UAE).

☑ **Fitness instructor**

Reps UAE (level 2)

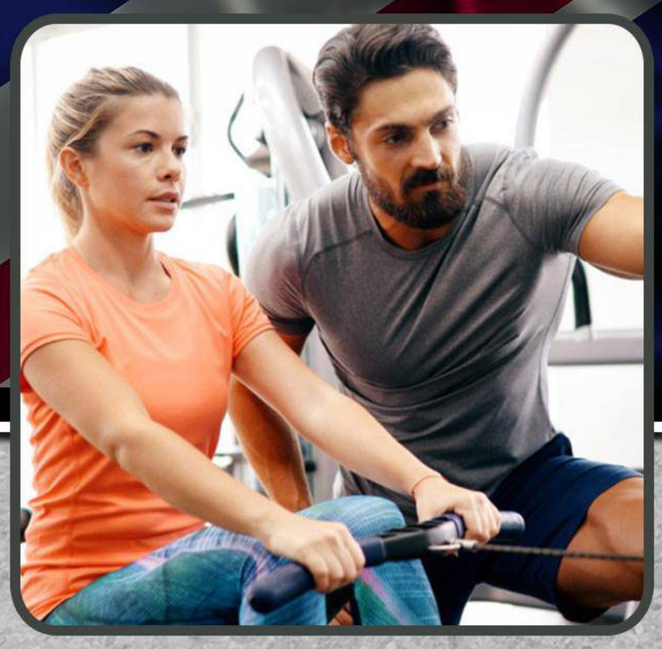
☑ **Personal Trainer**

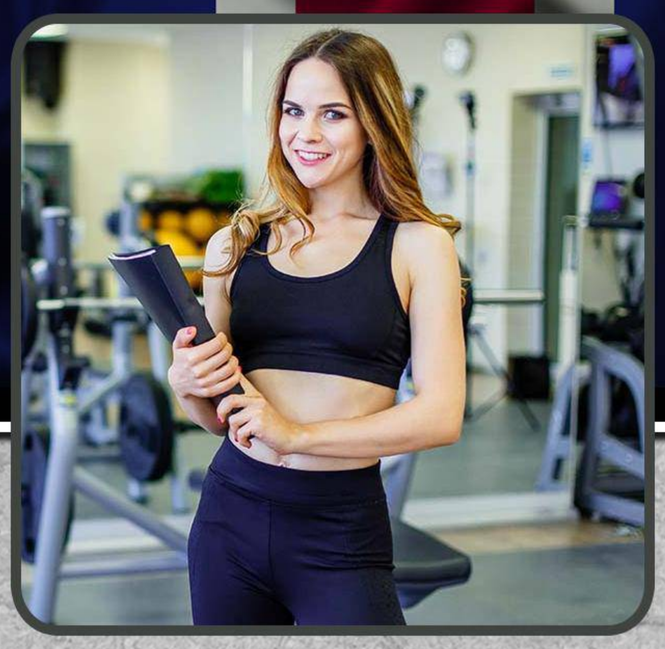
Reps UAE (level 3)

☑ **Diploma**

Reps UAE (level 2&3)

Active iQ







IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

GERMAN NATIONAL COURSES

ÖSTERREICHISCHE AMATEUR
ÖABFF
BODYBUILDING UND FITNESS FÖDERATION

- ☑ Fitnesstrainer C-Lizenz
- ☑ Fitnesstrainer B-Lizenz
- ☑ Fitnesstrainer A-Lizenz
- ☑ Personal Trainer Lizenz
- ☑ Ernährungsberater Lizenz
- ☑ Athletik Trainer Lizenz
- ☑ Yoga Lehrer Lizenz
- ☑ Aerial Yoga Lehrer Lizenz
- ☑ Pilates-Matwork Lizenz
- ☑ Pilates-Reformer Lizenz
- ☑ Sportmanager Diploma
- ☑ Group Fitness Trainer lizenz
- ☑ Meditations-lehrer
- ☑ Trampolin Fitness Trainer



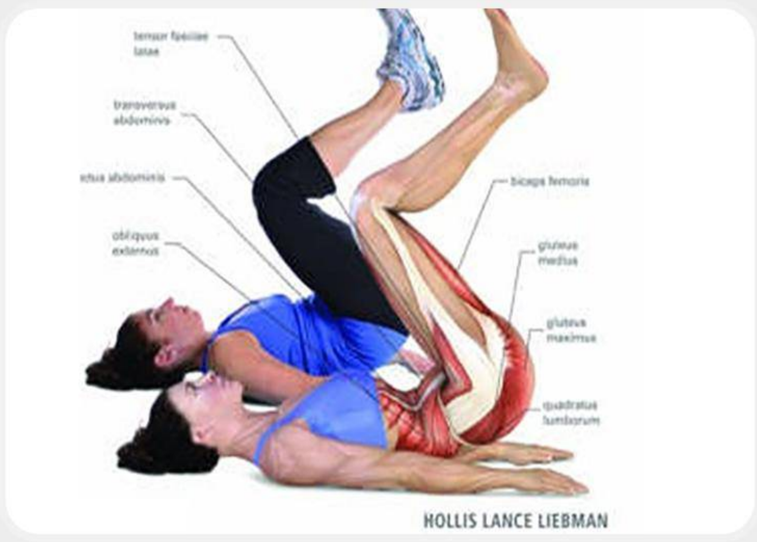
FITNESSTRAINER

C-Lizenz

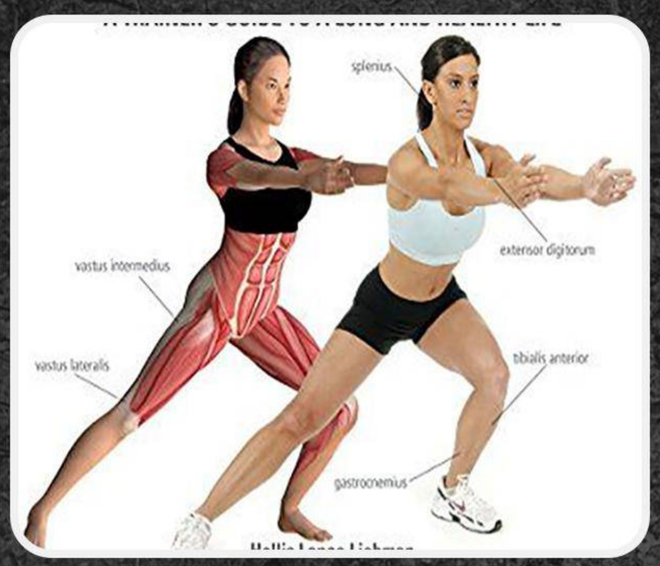
ONLINE AUSBILDUNG

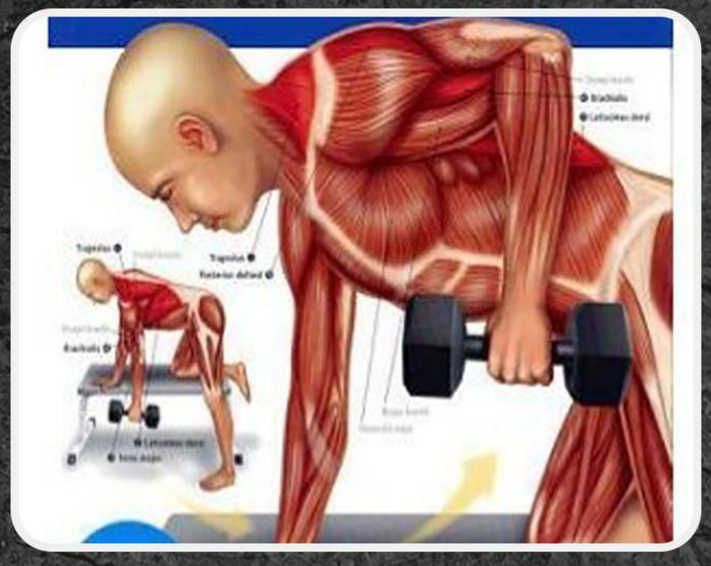
IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

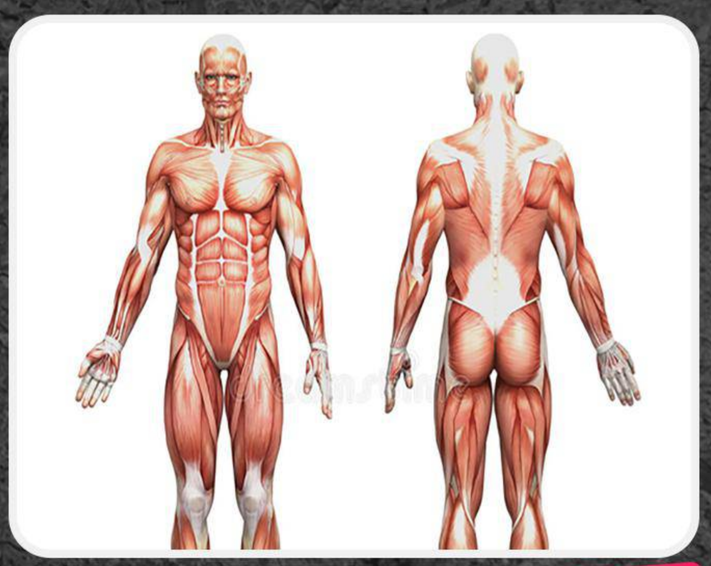
UNTERRICHTSEINHEITEN(UE)
64



Achtung! Ohne die Fitness C, B & A Lizenz ist es in Deutschland fast unmöglich einen Job im Fitnessbereich zu bekommen!

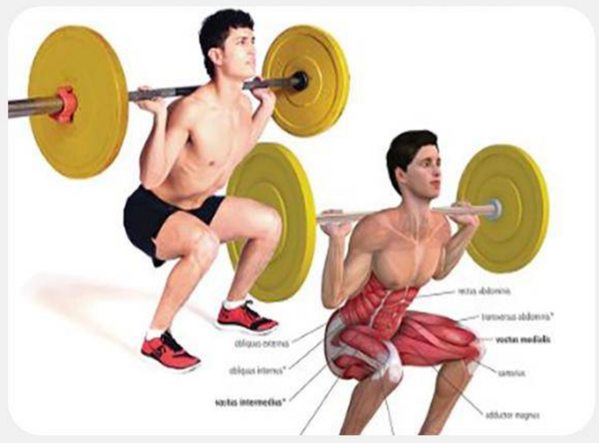


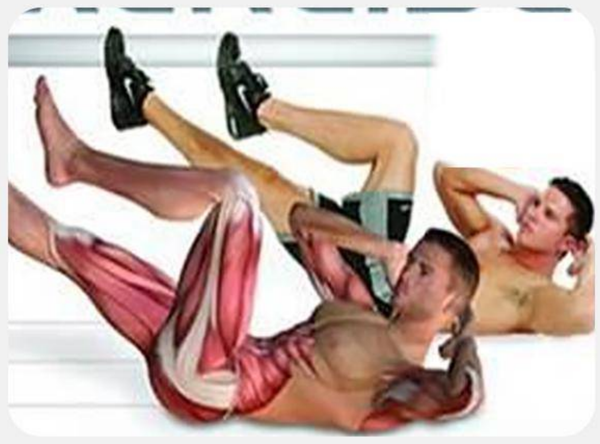




QUALIFIKATIONSSTUFE
LEVEL 2

Die C-Lizenz ist die Voraussetzung für den Erwerb aller weiterer Lizenzen, um als eigenständiger Coach im Fitnessbereich tätig zu sein.
Die C Lizenz ist ein Trainer-Helfer Schein.
Der Schein eignet sich jedoch nicht, um dauerhaft haupt- oder nebenberuflich als Fitnesstrainer zu arbeiten.





European Qualifications Framework EQF: Level 3

GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Fitnesstrainer C-Lizenz

ONLINE AUSBILDUNG

Module 1: Grundlagen der Anatomie
Module 2: Grundlagen der Physiologie
Module 3: Energiebereitstellung
Module 4: Herz-Kreislauf-System
Module 5: Passiver Bewegungsapparat
Module 6: Aktiver Bewegungsapparat
Module 7: Grundlagen der Bewegungslehre
Module 8: Grundlagen der Trainingslehre
Module 9: Methodik im Fitnesstraining
Module 10: Psychologische Aspekte



Qualifikationsstufe
LEVEL 2 ★ ★

LIZENZ
Fitnesstrainer C-Lizenz

Unterrichtseinheiten(UE)
64

CERTIFIED ISO 9001 COMPANY — **ISO 9001** Zertifiziertes Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY — **ISO 10004** Zertifiziertes Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO 21001 COMPANY — **ISO 21001** Zertifiziertes Qualitätsmanagement in BILDUNG

APPROVED ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION ACADEMY — **ANERKENNT** Österreichische Amateur Bodybuilding und Fitness Föderation

FITNESSTRAINER

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

B-Lizenz

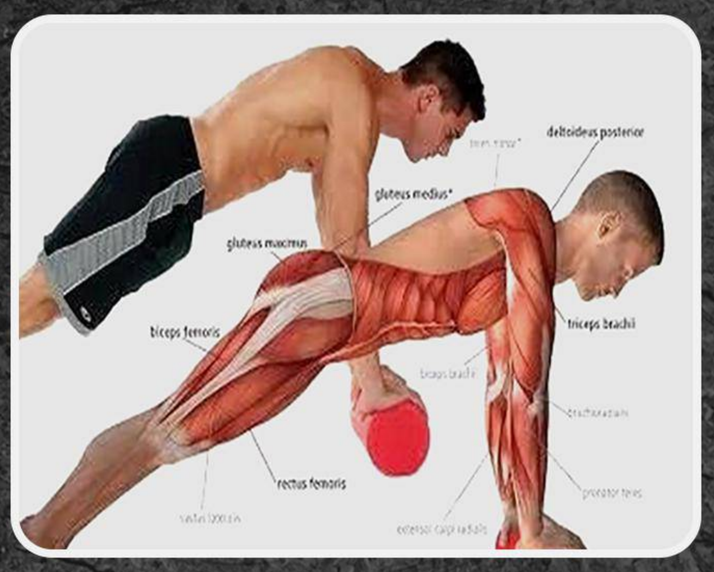
ONLINE AUSBILDUNG

UNTERRICHTSEINHEITEN(UE)
64



Die Fitnesstrainer B-Lizenz ist dein Einstieg in den Beruf des Fitnesstrainers.







QUALIFIKATIONSSTUFE
LEVEL 3

Die B-Lizenz befähigt dazu, auch in Fitnessstudios und Gesundheitseinrichtungen als Trainer zu arbeiten. Die Fitnesstrainer B-Lizenz ist das absolut grundlegende Zertifikat für viele andere Sport- und Fitnessausbildungen.





European Qualifications Framework EQF: Level 3

GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Fitnesstrainer B-Lizenz

ONLINE AUSBILDUNG

Module 1: Funktionelle Anatomie

Module 2: Physiologie & Herz-Kreislauf-System

Module 3: Menschlische Bewegung und Fitness Konzept

Module 4: Gerätetraining und Bodyweight training

Module 5: Grundlagen der Ernährungslehre

Trainingsplanerstellung

Module 6: Lifestyle Management

Module 7: Gesundheit & Sicherheit

Module 8: Kommunikation & Kompetenz



Qualifikationsstufe
LEVEL 3 ★★★

LIZENZ
Fitnesstrainer B-Lizenz

Unterrichtseinheiten(UE)
64

CERTIFIED ISO ISO 9001 COMPANY
ISO 9001
Zertifiziertes
Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY
ISO 10004
Zertifiziertes
Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO ISO 21001 COMPANY
ISO 21001
Zertifiziertes
Qualitätsmanagement in BILDUNG

APPROVED ACADEMY
ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION
ANERKENNT
Österreichische Amateur Bodybuilding und Fitness Föderation

PERSONALTRAINER

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

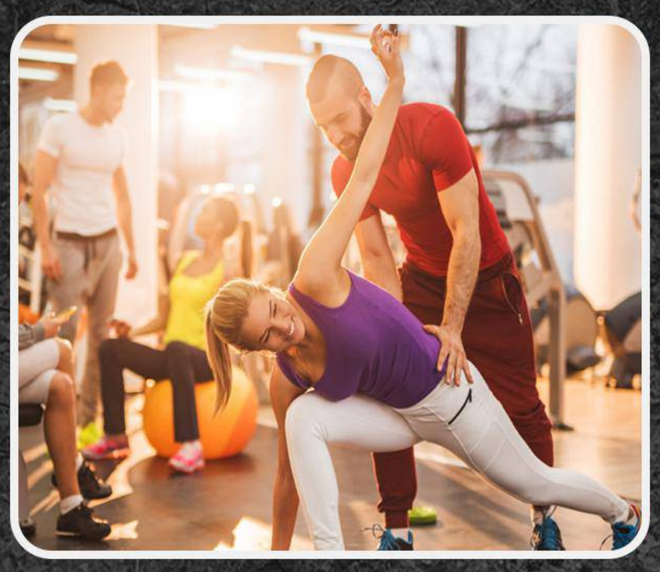
Lizenz

ONLINE AUSBILDUNG

UNTERRICHTSEINHEITEN(UE)
128



Der Personaltrainer ist der König aller Fitnesstrainer.

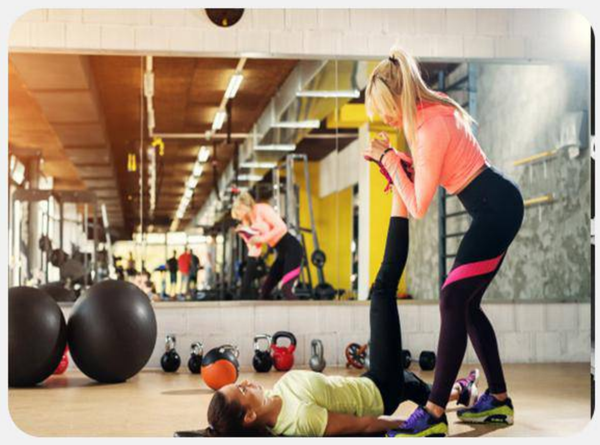






QUALIFIKATIONSSTUFE
LEVEL 4

Du kannst dich auf jeden Kundentyp einstellen und diesen richtig trainieren und beraten. Egal welches Trainingsziel der Kunde verfolgt, du bist der richtige Ansprechpartner, um seine Wünsche zu verwirklichen.



Wer heutzutage in einem Fitnessstudio als Freiberufler tätig werden möchte, hat jedoch ohne diesen Nachweis nur wenig Chancen auf dem Arbeitsmarkt.



GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Personaltrainer Lizenz

ONLINE AUSBILDUNG

Module 1: Rolle des Personal Trainer

Module 2: Funktionelle Anatomie

Module 3: Physiologie

Module 4: Sports Nutrition

Module 5: Psychosoziale Aspekte von Gesundheit und Fitness

Module 6: Gesundheit und Fitness Bewertung: Sammeln und Analysieren und Monitoring

Module 7: PT Trainingsmethode und Trainingsplanerstellung

Module 8: Zielspezifisches Training

Module 9: Marketing

Module 10: Mental Coaching

Module 11: Manual Resistance

Module 12: Functional Training

Module 13: Bewegungskorrektur



Qualifikationsstufe

LEVEL 4 ★★★★

LIZENZ

Personaltrainer Lizenz

Unterrichtseinheiten(UE)

128

CERTIFIED ISO 9001 COMPANY — **ISO 9001** Zertifiziertes Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY — **ISO 10004** Zertifiziertes Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO 21001 COMPANY — **ISO 21001** Zertifiziertes Qualitätsmanagement in BILDUNG

APPROVED ACADEMY — ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION — **ANERKENNT** Österreichische Amateur Bodybuilding und Fitness Föderation

FITNESSTRAINER

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

A-Lizenz

ONLINE AUSBILDUNG

UNTERRICHTSEINHEITEN(UE)
128



Die Fitnesstrainer A-Lizenz ist die höchste Lizenzstufe im Fitnessbereich.







QUALIFIKATIONSSTUFE
LEVEL 4

Sie vermittelt umfangreiches Wissen für die Arbeit mit Sportlern und Menschen im gesundheitsorientierten Krafttraining mit präventivem und rehabilitativem Charakter.



Du erlernst den Aufbau von angepasstem Training bei orthopädischen und internistischen Erkrankungen, sowie den Umgang mit Schwangeren, Senioren und Spitzensportlern.



European Qualifications Framework EQF: Level 3

GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Fitnesstrainer A-Lizenz

ONLINE AUSBILDUNG

Module 1: Fitnesstrainer B

Module 2: Personal Trainer

Module 3: Medizinischer Fitnesstrainer



Qualifikationsstufe

LEVEL 4 ★★★★

LIZENZ

Fitnesstrainer A-Lizenz

Unterrichtseinheiten(UE)

128

CERTIFIED ISO ISO 9001 COMPANY

ISO 9001

Zertifiziertes

Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY

ISO 10004

Zertifiziertes

Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO ISO 21001 COMPANY

ISO 21001

Zertifiziertes

Qualitätsmanagement in BILDUNG

APPROVED ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION ACADEMY

ANERKENNT

Österreichische Amateur Bodybuilding und Fitness Föderation

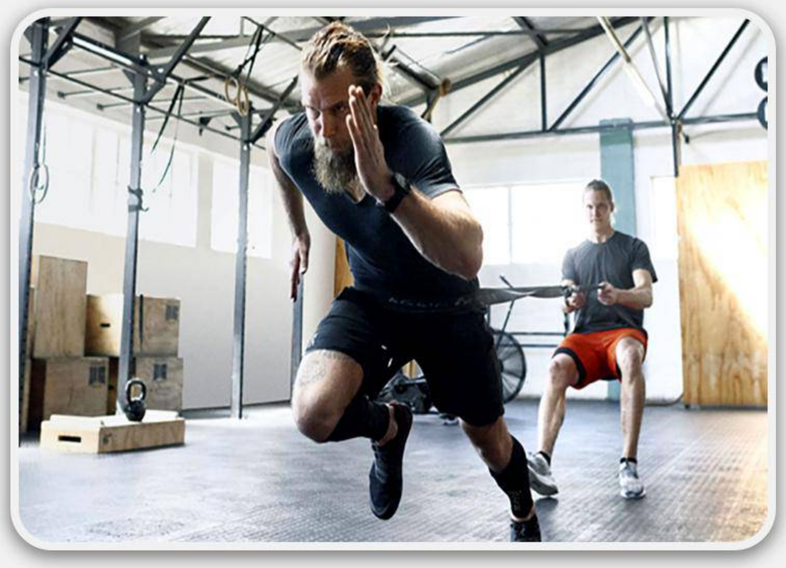
ATHLETIKTRAINER

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Lizenz

ONLINE AUSBILDUNG

UNTERRICHTSEINHEITEN(UE)
64



Mit der Ausbildung zum Athletiktrainer bist du in der Lage, ein sportartspezifisches Training zu gestalten.







QUALIFIKATIONSSTUFE
LEVEL5

Mit der Ausbildung zum Athletiktrainer bist du in der Lage, ein sportartspezifisches Training zu gestalten und sowohl den einzelnen Sportler als auch eine ganze Mannschaft zu trainieren.Im Fokus der Ausbildung stehen gezielte Trainingsreize, funktionelle Bewegungsabläufe und hohe Intensitäten zur Verbesserung sportartspezifischer Fähigkeiten.





European Qualifications Framework EQF : Level 3

GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Athletiktrainer Lizenz

ONLINE AUSBILDUNG

Module 1: Prinzipien des Athletiktrainings

Module 2: Effektive Trainingsplanung

Module 3: Leistungsspezifische Diagnostikverfahren

Module 4: Praxisbeispiele des Athletiktrainings in verschiedenen Sportarten

Module 5: Leistungsdiagnostik

Module 6: Kraft & Ausdauer

Module 7: Schnelligkeit, Beweglichkeit & Koordination

Module 8: Athletische Grundfertigkeiten

Module 9: Durchführung & Analyse diagnostischer Maßnahmen



Qualifikationsstufe

LEVEL 5 ★★★★★

LIZENZ

Athletiktrainer Lizenz

Unterrichtseinheiten(UE)

64

CERTIFIED ISO ISO 9001 COMPANY

ISO 9001

Zertifiziertes

Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY

ISO 10004

Zertifiziertes

Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO ISO 21001 COMPANY

ISO 21001

Zertifiziertes

Qualitätsmanagement in BILDUNG

APPROVED ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION ACADEMY

ANERKENNT

Österreichische Amateur Bodybuilding und Fitness Föderation

ERNÄHRUNGSBERATER

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Lizenz

ONLINE AUSBILDUNG

UNTERRICHTSEINHEITEN(UE)
64



Die Qualifikation zum Ernährungsberater ist die Grundlage für eine gute Betreuung im Sport, aber auch im Gesundheits- und Freizeitbereich.







QUALIFIKATIONSSTUFE
LEVEL 3

Der Bedarf an professionelle Ernährungsberatung nimmt auch in Fitnessstudios immer weiter zu. Die Ausbildung richtet sich an alle, die sich für eine qualitätsgesicherte Ernährungsberatung qualifizieren möchten.
Die Schwerpunkte und Inhalte zielen darauf ab, die Fach- und Beratungskompetenz zu erweitern und zu vertiefen.





GERMAN FITNESS CERTIFICATIONS

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Ernährungsberater Lizenz

ONLINE AUSBILDUNG

Module 1: Grundlagen Ernährung

Module 2: Grundlagen Biologie (Fakten, Zellbiologie, Hormone, Verdauung, Nutrition Timing)

Module 3: Makronährstoffe (Wasser, Kohlenhydrate, Fette, Proteine)

Module 4: Mikronährstoffe (Vitamine & Mineralstoffe)

Module 5: Superfoods

Module 6: Nahrungsergänzungsmittel (Sport Nutrition)

Module 7: Krankheiten & Allergien

Module 8: Ernährungsformen & Diäten

Module 9: Körperbautypen

Module 10: Rezepte

Module 11: Ernährungscoaching (Ernährungspläne schreiben, Das Anamnesegespräch)

Module 12: Body Analysieren & Monitoring (Körperfettmessung , BMI , Kalorienbedarfs, Grundumsatzes) und Controlling



Qualifikationsstufe

LEVEL 3 ★★★

LIZENZ

Ernährungsberater Lizenz

Unterrichtseinheiten(UE)

64

CERTIFIED ISO ISO 9001 COMPANY — **ISO 9001** Zertifiziertes Qualitätsmanagement

CERTIFIED ISO 10004:2018 COMPANY — **ISO 10004** Zertifiziertes Qualitätsmanagement in Kundenzufrieden

CERTIFIED ISO ISO 21001 COMPANY — **ISO 21001** Zertifiziertes Qualitätsmanagement in BILDUNG

APPROVED ÖSTERREICHISCHE AMATEUR ÖABFF BODYBUILDING UND FITNESS FÖDERATION ACADEMY — **ANERKENNT** Österreichische Amateur Bodybuilding und Fitness Föderation

IFPE ACADEMY

INTERNATIONAL FITNESS PRO EDUCATION



INTERNATIONAL CERTIFICATION

REPs UAE
The Register of Exercise Professionals

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

FITNESS INSTRUCTOR

ONLINE COURSE

EXERCISE PHYSIOLOGY

HUMAN MOVEMENT

Fitness instructors lead groups in exercise, helping them meet their fitness goals. They may work with individual clients as a personal trainer, or they may teach classes in a health center. Understanding the duties of a fitness instructor, as well as the areas in which they work can help .you choose the right career path

Fitness trainers lead and train people in fitness routines, helping them meet their fitness goals. They may guide clients on the best equipment to use or make recommendations on the best workout routines. Some fitness trainers may help clients rehabilitate after an injury, or meet strength or weight training goals. Many fitness trainers specialize in a specific area of fitness, teaching classes like yoga, Pilates, aerobics or cycling.



International Qualification Degree : Level 3



LEARN ABOUT

PERSONAL TRAINER

Personal Trainer Certification provides a way for experienced fitness professionals to expand their knowledge base and increase their commitment to excellence by refreshing their knowledge with our online personal trainer certification exam.

Completing our online Personal Trainer Certification provides potential clients with assurance of your experience and expertise, making it relevant and necessary continuing education and specialization.

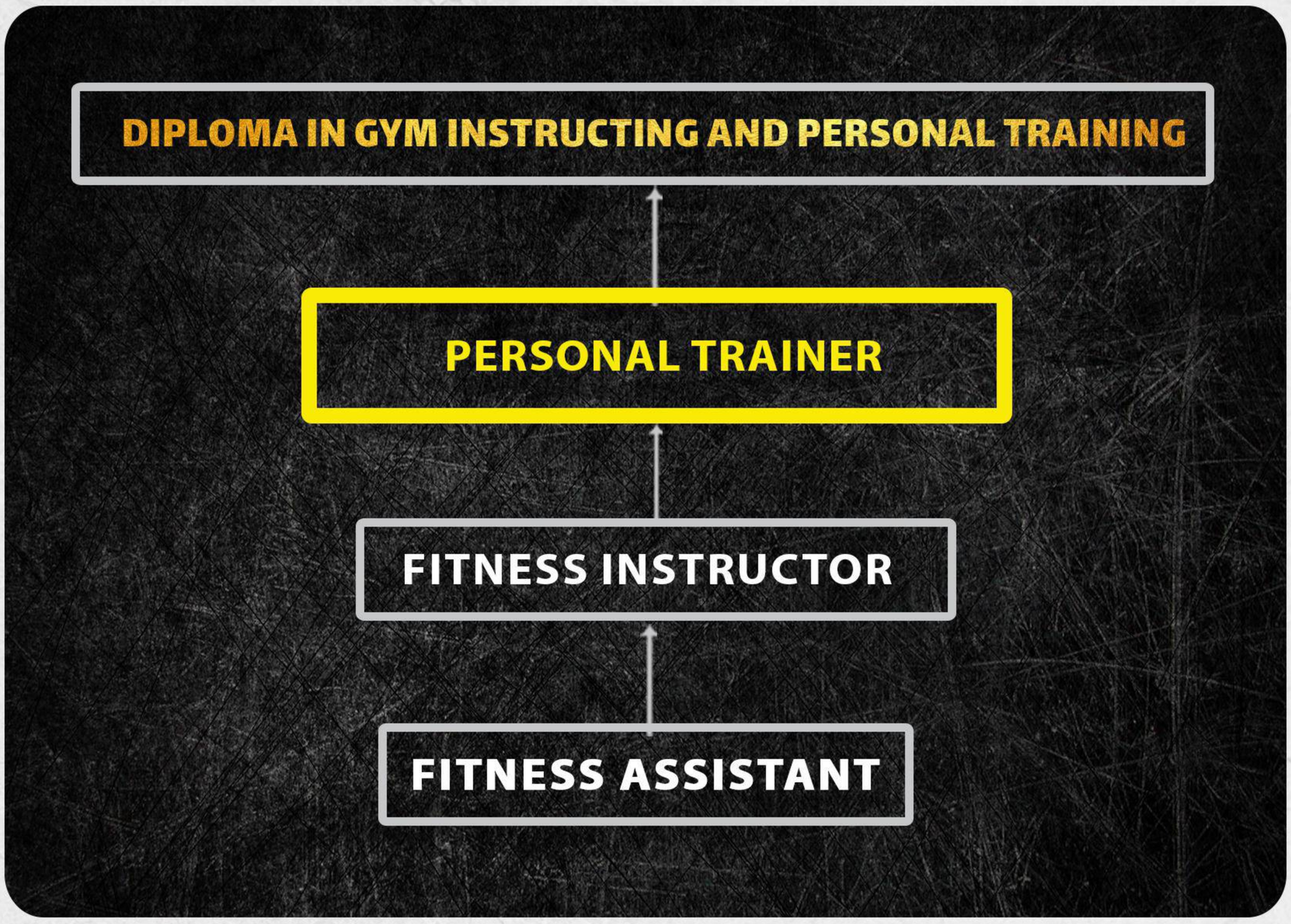
Becoming a Personal Trainer by completing our Personal Trainer Certification course shows that you have a firm grasp on the basic fundamentals of health and fitness, with focus on personal training methods and techniques.

If you are looking for a Personal Trainer Certification near you, you can take a test from your home – from your own computer.

CERTIFIED PERSONAL TRAINER

By completing your Personal Training Certification online and becoming a certified Personal Trainer, fitness professionals & physical trainers can better serve their clients with the latest information and tools available to certified personal trainers. IFPE online Personal Training Certification program refreshes the fundamental knowledge of any personal trainer. IFPE certifications provide the competitive edge in the quickly changing and always competitive health and fitness industry. A Personal Training Certification from IFPE can help the experienced fitness professionals to expand their careers through: Proven commitment to personal fitness training and the fitness industry Enhanced ability to design tailored, effective training regimens for a wide variety of clients and Increased understanding of successful workout components and considerations.

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION



PERSONAL TRAINER

Personal Trainer Certification provides a way for experienced fitness professionals to expand their knowledge through our online personal trainer certification exam. Successful completion of our online Personal Trainer course provides attendees the assurance of their experience and expertise. completing our Personal Trainer Certification course shows that you have high knowledge of health and fitness basic fundamentals, with special focus on personal training methods and techniques.

- **SECTION 1** – APPLIED ANATOMY AND PHYSIOLOGY FOR EXERCISE, HEALTH, AND FITNESS
- **SECTION 2** – THE PRINCIPLES OF NUTRITION AND THEIR APPLICATION TO EXERCISE AND HEALTH
- **SECTION 3** – LIFESTYLE, HEALTH, WELLBEING, AND COMMON MEDICAL CONDITIONS
- **SECTION 4** – ENCOURAGING POSITIVE HEALTH AND FITNESS BEHAVIORS IN CLIENTS
- **SECTION 5** – PROGRAM DESIGN AND DELIVERY FOR PERSONAL TRAINING
- **SECTION 6** – PROFESSIONALISM AND BUSINESS ACUMEN FOR PERSONAL TRAINERS

After obtaining the Personal Training Certification, you will start your career with the latest information and tools which are provided by the IFPE Academy.

IFPE Certifications will support you alongside your journey to become a certified and well informed personal trainer and will make sure that you will stay in this competitive career through its modern and practical educations.

A Personal Training Certification from IFPE can help the experienced fitness professionals to improve their career through: Proven commitment to personal fitness training and the Enhanced ability to design tailored and effective training routines for a wide variety of clients by the understanding of successful workout components.

CERTIFICATE: CERTIFIED PERSONAL TRAINER

INTERNATIONAL QUALIFICATION DEGREE: Level 4



FITNESS INSTRUCTOR

The work environment of a fitness trainer may vary, depending on the location in which they work. The majority of fitness trainers will work in a gym or fitness center, teaching group classes and taking on personal training sessions. Others work in a specialized fitness studio, teaching a specific type of fitness class, like yoga or Pilates.

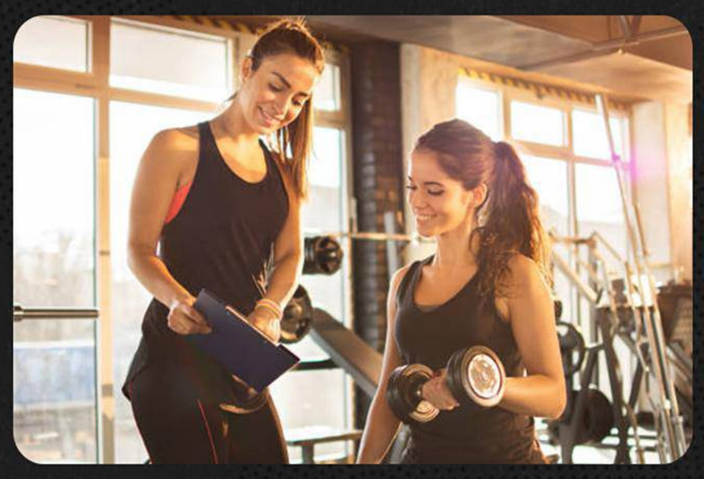
Fitness instructors may travel to a customer's home or they may work in a health club, yoga studio or even at a resort. Some fitness instructors may work with athletes, helping them improve performance.

Fitness trainers will usually work a non-traditional schedule as people most often need to work out around work schedules. This may include early morning, evening or weekends. Most fitness instructors will get holidays off, as many studios close. Because classes are usually an hour or less, the work hours of a fitness instructor may be limited. Many fitness instructors may work in another career, instructing classes in the evenings or on weekends.









lead and instruct groups or individual clients

technique and use of workout equipment

workouts to assist with recovery from an injury

Provide emergency first aid

Provide members with fitness and nutritional resources

CERTIFICATE: CERTIFIED FITNESS INSTRUCTOR

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Diploma

IN GYM INSTRUCTING AND PERSONAL TRAINING



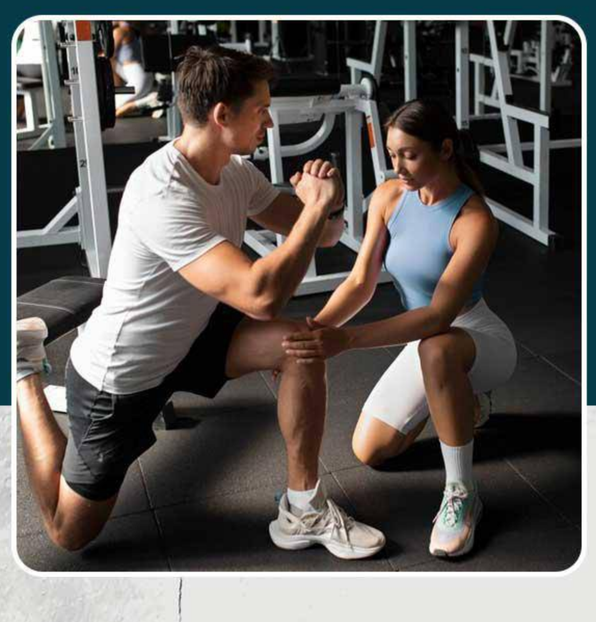
As you know, the prerequisite for participating in the Level 3 Personal Training course is to have a Level 2 Fitness Instructor certification. This course is designed for individuals who do not have the Level 2 certification, which is a prerequisite, and are included in this combined course. They can take Level 2 and 3 courses together.

INTERNATIONAL QUALIFICATION DEGREE: LEVEL 3

Online exams: multiple choice

Practical exams: demonstration in the gym







IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Strength and Conditioning Coach For

BASKETBALL







INTERNATIONAL QUALIFICATION DEGREE : LEVEL 5

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

STRENGTH AND CONDITIONING COACH FOR

BASKETBALL








WHAT IS BASKETBALL CONDITIONING?

Basketball conditioning refers to the exercise regimen required to play the sport at a competitive level. The nature of the sport requires potential players to have a unique combination of speed, strength, and stamina. Proper basketball conditioning will address all of these areas in addition to focusing on leaping ability and short-burst power. All of these attributes must be balanced with the sport-specific skills such as shooting and ball-handling, which are necessary for a good player to have and must be maintained by consistent drilling.

CONTENTS

» Functional Screening

» Resistance Training

» Advanced Resistance Training

» Foundations of Fitness and Conditioning

» Speed Development

» Endurance Development



STRENGTH AND CONDITIONING COACH FOR BASKETBALL

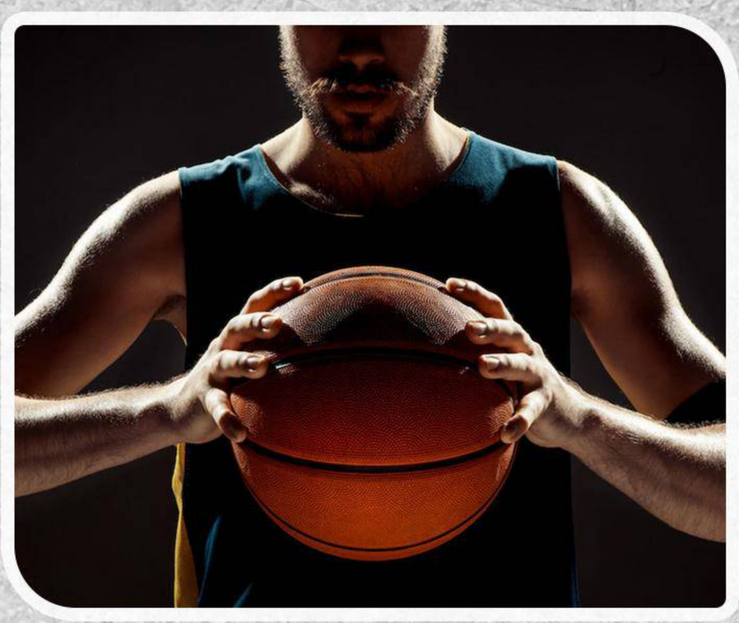
Every basketball conditioning regimen should include exercises that are meant to improve both speed and stamina. Basketball requires players to sprint down the court from end-to-end often with little stoppage in play, but it also requires them to maintain that intense level of physical activity for long periods of time. It is necessary then for basketball fitness regimens to include plenty of sprinting along with running for longer distances so both areas are properly addressed.

Individual drilling on specific aspects of the game can improve a player's conditioning while also sharpening his or her skills.



Power in terms of short-burst running and jumping are crucial to a well-rounded basketball player. Great leaping ability helps a player get shots off, grab rebounds, and be a better defender. Jumping exercises like broad and squat jumps can address this need. Speed in short bursts can be addressed in drills that also incorporate game skills like shooting and ball-handling.

Strength was an often overlooked attribute in basketball conditioning in the past, but the game has developed to the point that the best professional, college and high school players must be strong enough to withstand the physical rigors of the sport. Basketball requires a great level of agility as well, so too much bulk can be detrimental. As such, an aspiring player should include weightlifting in his or her fitness regimen, but he or she should lift lighter weights at higher repetitions.







IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

Strength and Conditioning Coach For

VOLLEYBALL









INTERNATIONAL QUALIFICATION DEGREE : LEVEL 5

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

STRENGTH AND CONDITIONING COACH FOR

VOLLEYBALL

Basketball conditioning refers to the exercise regimen required to play the sport at a competitive level. The nature of the sport requires potential players to have a unique combination of speed, strength, and stamina. Proper basketball conditioning will address all of these areas in addition to focusing on leaping ability and short-burst power. All of these attributes must be balanced with the sport-specific skills such as shooting and ball-handling, which are necessary for a good player to have and must be maintained by consistent drilling.

CONTENTS

- Functional Screening
- Resistance Training
- Advanced Resistance Training
- Foundations of Fitness and Conditioning
- Speed Development
- Endurance Development













IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

STRENGTH AND CONDITIONING COACH FOR

TENNIS









INTERNATIONAL QUALIFICATION DEGREE : LEVEL 5



STRENGTH AND CONDITIONING COACH FOR TENNIS

A Strength and Conditioning Coach for tennis specializes in designing and implementing training programs that enhance a player's physical abilities, such as strength, speed, endurance, and agility. Their goal is to optimize an athlete's performance on the tennis court while minimizing the risk of injury. They focus on improving areas like power generation, quick movements, flexibility, and recovery, all tailored specifically to the demands of tennis. Additionally, these coaches work on injury prevention strategies and overall fitness to help players maintain peak performance throughout their careers.



A Strength and Conditioning Coach for tennis helps players improve physical performance by focusing on strength, speed, agility, and injury prevention. Their training programs are designed to enhance fitness and optimize on-court performance, tailored specifically to the demands of tennis.







IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

STRENGTH AND CONDITIONING COACH FOR

MARTIAL ARTS







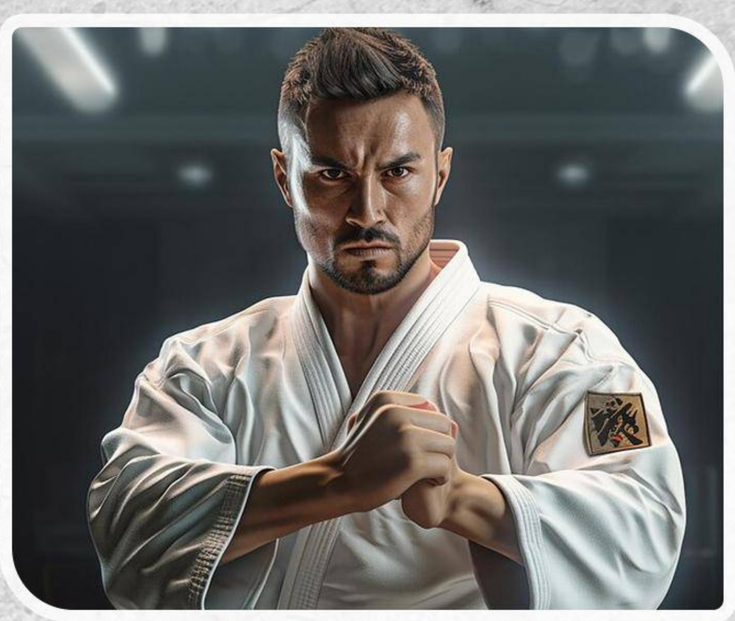


INTERNATIONAL QUALIFICATION DEGREE : LEVEL 5



STRENGTH AND CONDITIONING COACH FOR

MARTIAL ARTS





A Strength and Conditioning Coach for martial arts designs training programs to improve a fighter's strength, endurance, speed, and flexibility.
They focus on enhancing overall fitness and specific physical attributes needed for martial arts, such as explosive power, agility, and balance. These coaches also work on injury prevention and recovery strategies to ensure fighters perform at their best and stay healthy throughout their training and competitions.





IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION



» Supervision and good instruction is important in early stages of a strength training programme.

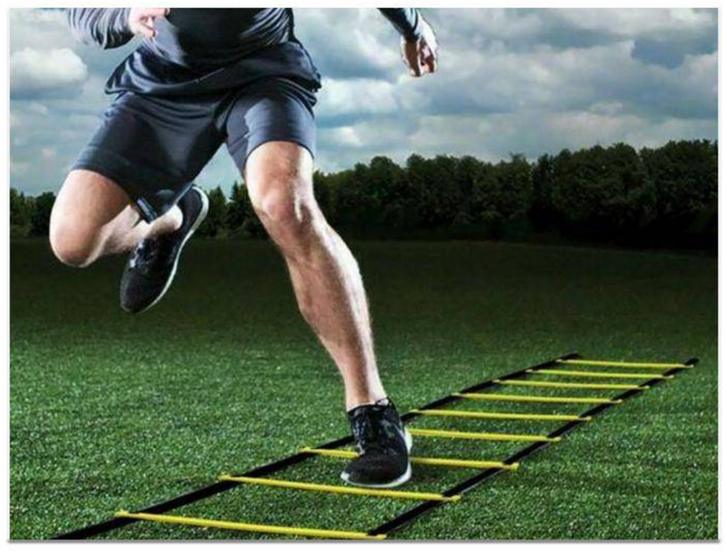
STRENGTH AND CONDITIONING COACH FOR FOOTBALL

Strength training is commonly referred to as weight training. It involves body movements where a force is exerted using muscles or muscle groups throughout the body, to create the force in the aim of becoming stronger in that movement. Strength training includes movements like squats, lunges, press ups, sit ups, body weight based exercises or gym based machine exercises. The how, what and when of strength training must be specific to the individual and their stage of growth and development, fitness and ability – therefore, it must be individualised. To do so follow our basic coaches tips listed below, and seek the assistance of a specialist in this area. It is important to have a good level of physical conditioning suitable for the level of football that you are participating or competing in. Each athlete (young and old) needs to ensure that we are able to successfully sustain the demands of each game.

Having an adequate level of fitness or physical conditioning will assist in keeping up with the play of the ball and your opponents, being able to make repeated high-intensity sprints as necessary within play, good on-field decision making, accuracy in passing and shots at goal, reducing the likelihood and severity of injuries and sustaining the duration of the game – all of which provide for more fun and enjoyment when playing.

Preparing for the football season needs to start several months before, in the off-season, where players will build a good, solid foundation to further develop additional components of fitness through to sport-specific work. We need to ensure that our everyday athletes are ready to perform and enjoy a full season ahead.









56 hours education

International certificate

Full lifetime access



STRENGTH AND CONDITIONING COACH FOR FOOTBALL

WHY ARE FOOTBALL CONDITIONING SESSIONS IMPORTANT?

Perhaps most importantly, effective conditioning work helps children to stay fit and healthy. As Matt Depledge, a strength and conditioning coach with experience in both Premier League academy and youth tennis environments, explains: "the role of any strength and conditioning session is to keep the players on the pitch, fit, and able to train well, so that the tactical and technical coach has the opportunity to develop those skillsets." Secondly, targeted conditioning training for football helps to prepare players for the increasingly physical demands of the modern game. "Research has shown huge increases in the high-speed running and distance covered in Premier League fixtures," says Lewis Bramley, Former Lead U9-16 Strength and Conditioning Coach at Nottingham Forest FC.

Beyond helping them to stay match-fit, conditioning work provides a foundation upon which players can develop and thrive. "Football is developing so much as a speed and power sport," adds Depledge. "So developing the ability to reproduce those sprints, jumps, and changes in direction, over the course of 90 minutes, is critical. Strength and conditioning can help with that."

FULL LIFETIME ACCESS





As such, we should try not to rely on generic conditioning drills, and instead aim to coach both fundamental movement skills, which are complex and wide-ranging and movements that are specific to football. "We base a lot of our conditioning sessions on the players' maximum aerobic speeds," says Bramley, referring to the maximum speed that a player can run at while primarily using their aerobic energy system. "But it's not just straight-line running with no purpose; we design the practice to reflect the outcomes of the football session."

INTERNATIONAL CERTIFICATE

1THEORY EXAM : ONLINE

IFPE ACADEMY
INTERNATIONAL FITNESS PRO EDUCATION

STRENGTH AND CONDITIONING COACH FOR

FOOTBALL



